

NMCB-5 departing Sasebo soon

JO3 Rebekah Blowers
CFAS Public Affairs

Naval Mobile Construction Battalion – 5 (NMCB-5) Detail Sasebo is packing up their gear to return to their homeport of Port Hueneme, Calif.

Since their arrival in December 2003, the detail has worked on several projects in and around the Sasebo community to improve the quality of life for Sasebo's Sailors and their families.

According to Lt. Dude Underwood, officer in charge of Detail Sasebo, their major projects included constructing a stage pad for the Morale, Welfare and Recreation (MWR) stage trailer, tearing down the last of the old picnic pavilions in Nimitz Park and constructing drainage ditches and vehicle maintenance facilities at Maebata Ordnance facility.

Underwood says these Sailors' projects affect quality of life as well as base operations.

"MWR is affected by those two projects [at Nimitz Park] which are a big impact on all their events out there. On the operational side, the new vehicle maintenance and drainage systems out at Ordnance are greatly enhanced," Underwood said.

"In all the projects, we have put in nothing but quality work," said Builder 1st Class (SCW) Brock Dozier, operations chief for the detail.

"Things are going well. We are wrapping up two projects later this week and then we will only have one more to go," Dozier added.

Underwood said that outside of their major projects, the Seabees participated in several other projects for the community as well.

"We built a guard shack for security, just finished a couple of partitions used in the music room at the Main Base Chapel and we helped out with renovation projects at the United Services Organization (USO)," Underwood said.



A Seabee from Naval Mobile Construction Battalion 5 Detail Sasebo, shovels wet cement into place Feb. 23. This is one of many ongoing improvement projects to Sasebo Naval Base the detail worked on while deployed in Sasebo. (Official U.S. Navy photo by PH3 Ian W. Anderson).

He added that not only were the Seabees reaching out in small projects in the community to benefit servicemembers and their families, but the experience was also a benefit for the Seabees working on them as well.

"To reach out with small things here and there within the community is particularly rewarding for the folks [Seabees] here," Underwood said.

Dozier said that although the detail has faced many challenges during their six month deployment, they have always kept a positive attitude.

"They all have had great attitudes. It's been very challenging and we've had some long hours, but their attitudes have been nothing but outstanding the whole time we have been here," Dozier said.

The detachment as a whole seems to be looking forward to getting home.

"The Seabees are excited to go home. A six month deployment makes the heart grow fonder," Underwood declared.

Dozier said that there is always an adjustment period for many Sailors when they first get home, but he is looking forward to it nonetheless.

Underwood expressed his appreciation to the Sasebo community for everything they gave to the Seabees during their deployment here.

"The Sasebo community has been really warm and inviting. They have been eager to work with us and help us out," Underwood said.

But, despite all the community's support, Dozier said there is still no place like home.

"I love the community and it has been really great here, but I am ready to go home and see my family," Dozier said.

The next Seabee detail to come to Sasebo is NMCB – 133 homeported out of Gulfport, Miss. They are expected to arrive in Sasebo June 9, soon after the first group of NMCB-5 Sailors take off for home.

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Due to recent budget cuts, MWR has plans to implement a series of modest price increases.
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Sasebo Weather

<u>Saturday</u>	<u>Sunday</u>	<u>Monday</u>
Thunder Storms	Partly Cloudy	Partly Cloudy
High: 77° F	High: 77° F	High: 77° F
Low: 65° F	Low: 60° F	Low: 60° F

Days since last DUI/DWI
(as of May 29)

9

Voter registration available to Sasebo

JO1 (SW) Ron Inman
CFAS Public Affairs

Eligible U.S. voters in the Sasebo community have a valuable resource at their disposal - the Staff Judge Advocate's office (SJA). The SJA provides information and assistance for upcoming Federal elections through the Federal Voting Assistance Program (FVAP), and should be the first stop for those who want to make their vote count this November.

In addition to providing services at the SJA office, SJA personnel are available at Bayside Food Court Tuesdays and Thursdays from 11 a.m. to 1 p.m. and will have a booth at the upcoming Fourth of July celebration at Nimitz Park.

"It's a straightforward process," said LN2(SW) Stephen Thaggard, assistant voting officer. "First, voters need to register to vote through their home state. That's done by filling out the Federal Postcard Application at our office. We have all the information on where to send the applications for each state."

According to Thaggard, the next

step in the process occurs when voters receive a confirmation of receipt of their registration and an absentee ballot. The ballot comes in a self-addressed envelope, so once voters fill it out, sign it, and (depending on the state) have it witnessed and notarized by SJA or the Naval Legal Service Office (NLSO), they simply mail it in.

Thaggard emphasized that it's not too soon to register to vote, even though elections are not until November.

He explained that if voters don't register and just send in an absentee ballot, the process takes longer. For unregistered voters, the county clerk in the voter's home state has to verify the eligibility to vote and process the paperwork, which takes additional time.

If the voter is registered, that step is eliminated because they're already confirmed as authorized voters.

"I would recommend sending off the registration prior to September to allow time for it to be processed and receive the absentee ballot," Thaggard concluded. "There's nothing wrong with voting early. If people wait until November to vote, their vote will not be counted."

For more information, visit the FVAP website at <www.fvap.gov> or call 252-3385.



A Sailor registers to vote with the help of one of his shipmates who volunteered at the Voter Registration Booth. (Official U.S. Navy photo by JO1 (SW) Ron Inman)

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Deadline for regular submission is Tuesday at 5 p.m. For more information, call 252-3409 or 252-3485. Address all correspondence to:
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FPO AP 96322-1100

Community Events for June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend: FFSC- Fleet and Family Support Center SES- Sasebo Elementary School T&T- Travel & Tours UMUC- University of Maryland KING - E.J. King MWR- Morale, Welfare and Recreation OREC- Outdoor Recreation Center		MWR - Metabolism Booster Clinic, Hario Gym at 6 p.m. until 8 p.m. FFSC - Driving Safety Class, 9 - 11:30 a.m. English as a Second Language, 10 - 11 a.m. KING - Non-Activity week through June 4, for grades 7 - 11.	FFSC - Parent Child Playgroup, 9 - 11 a.m. Resume Writing, 1 p.m. - 4 p.m.	FFSC - Translation Service, 11 a.m. - 1 p.m. KING - Senior Awards Ceremony, Showboat Theater at 9 - 11 a.m.	MWR - Ruler of the House, Bowling Center at 6:30 p.m. FFSC - Smooth Move Relocation workshop, 9 - 11 a.m. KING - Final begin for grades 7 - 11. Dismissal 11:10 a.m.	T&T - Yanagawa Boat ride & Ohana Garden. MWR - Swap Meet, Hario Community Center, 9 a.m. until 12 Noon. KING - Graduation Ceremony Community and Education Center at 1 p.m. Reception at Harbor View Club.
30	31	1	2	3	4	5
MWR - Paintball in Iwakuni, Liberty Center, 7 a.m. - 10 p.m. Oil Change Clinic, Auto Hobby Shop, 11 a.m. - 3 p.m.	UMUC - Term V registration begins through June 18. FFSC - Foreign Born Spouses Study Group, Hario. 10 - 11:30 a.m. Exceptional Sailor Program, 1 - 4 p.m. KING - Finals for grades 7 - 11 through June 9. Early dismissal 11:10 a.m. all week.	FFSC - Parent Child Playgroup, 9 - 11 a.m. Prenatal Orientation, 11 a.m. - 1 p.m. Japanese Phrases, 11:30 - 12:30 p.m.	SCHOOLS - Last full day of School. FFSC - Parent Child Playgroup, 9 a.m. - 11 a.m. Dad’s Class, Infant Care for new parents, 3 - 4:30 p.m.	MWR - Free Movie Night, Liberty Center at 7 p.m. FFSC - Breastfeeding class, 9 - 10:30 a.m. Translation Service, 11 a.m. - 1 p.m. Prenatal for second trimester, 3 - 4:30 p.m. KING - No school for students, Teachers work day.	T&T - Kyoto Tour returning June 14. MWR - 3-6-9 Tournament, Bowling Center at 6:30 p.m. Country Doll making class, Hario Community Center at 10 a.m. until 2 p.m. SCHOOLS - Students pick up report cards, early dismissal	T&T - Pro baseball night game at the Fukuoka Dome. Free Safety Course, Wood Hobby Shop at 11 a.m.
6	7	8	9	10	11	12
MWR - Japanese Professional Baseball, Liberty Center, 10 a.m. - 7 p.m.	MWR - Main Base & Hario Pool open. Flag Day 3K run, Fleet Fitness Center at 11:30 a.m. Youth Swim Team Begins. FFSC - Driving Safety, 9 - 11:30 a.m. KING - Summer Office hours begin, 8 a.m. - 12 Noon, 1 p.m. - 3 p.m.	FFSC - English as a Second Language 10 - 11 a.m. Japanese Phrases class, 11:30 a.m. - 12:30 p.m. Dad’s Prenatal class, 3 - 4:30 p.m.	FFSC - Parent Child Playgroup, 9 - 11 a.m.	MWR - Gong Show, Galaxies at 8 p.m. FFSC - Pre-Marital Class, 9:30 a.m. - 2:30 p.m. Prenatal for third trimester, 3 - 4:30 p.m. KING - Sport physicals SY 04 - 05, through June 18 at Branch Medical Clinic.	OREC - Teen Waterskiing 10 a.m. - 2 p.m. MWR - No Tap special Tournament, Bowling Center at 6:30 p.m. FFSC - Teaching English to Japanese, 9:30 - 11:30 a.m. Thrift Saving Plan (TSP), 1:30 - 3 p.m.	OREC - Kuroshima Deep Sea Fishing trip 9 a.m. - 3 p.m. MWR - Father and Child Golf Tournament, Fleet Fitness Center. CHAPEL - Joint Worship Service, Galaxies at 12 Noon.
13	14	15	16	17	18	19
MWR - Father’s Day Brunch, Harbor View Club at 10 a.m. - 2 p.m. Iron Maiden’s live band, Galaxies at 8 p.m. T&T - Father’s Day special, Kumagawa Boat Ride & Kyusendo Caves.	UMUC - Term V begins. Bob Thomas, academic advisor, starts Sasebo visit through June 23. MWR - Sports Trivia Bowl, Fleet Fitness Center at 6 p.m. FFSC - Foreign Born Spouses Study Group, 10 - 11:30 a.m. Exceptional Sailor Program, 1 - 4 p.m.	FFSC - Parent Child Playgroup, 9 - 11 a.m Stress Management, 9 - 11 a.m. Japanese Phrases, 11:30 a.m. - 12:30 p.m.	FFSC - Parent Child Playgroup, 9 - 11 a.m KING - Host Nation Summer School.	FFSC - Stress Management, 9 - 11 a.m. Preparation for labor & delivery, 3 - 4:30 p.m.	OREC - Sasebo Water Tour 4 p.m. - 6 p.m. MWR - Late Night Madness, Dinner, Movies & Sports, Nimitz Park, 6 p.m. FFSC - Sponsorship Training workshop, 9 - 11 a.m.	MWR - Nagasaki Day Tour, Liberty Center, 9 a.m. - 5 p.m.
20	21	22	23	24	25	26
MWR - Tosu Outlet Shopping, Liberty Center, 9 a.m. - 5 p.m. Oil Change Clinic, Auto Hobby Shop at 11 a.m. - 3 p.m.	UMUC - Term IV Asian Division exam week through July 2. FFSC - Driving Safety, 9 - 11:30 a.m. Foreign Born Spouses Study Group, 10 - 11:30 a.m.	FFSC - Parent Child Playgroup, 9 - 11 a.m. Stress Management, 9 - 11 a.m. English as a Second Language, 10 - 11 a.m.	FFSC - Parent Child Playgroup, 9 - 11 a.m.			
27	28	29	30	1	2	3

JO1 (SW) Ron Inman
CFAS Public Affairs

Factors used to determine the winning Navy Lodge were overall ratings on guest comment cards (4.84 for Sasebo, 4.72 for NEXCOM), computed ratings of questions on the card (4.79 for Sasebo, 4.66 for NEXCOM), percentage of cards indicating guests would return to the Lodge (100 percent for Sasebo), percentage of cards indicating guests did not experience any problems during their stay (97.6 percent for Sasebo) and percentage of problems reported



and resolved during the stay (90.6 percent for Sasebo).

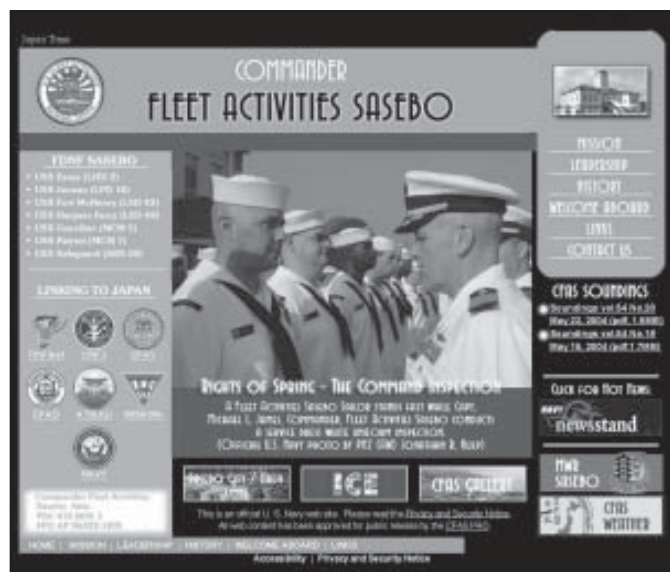
“The thing that stands out to me is the care the staff has for our customers. They really care about making them feel at home and pay attention to them, try to learn their needs and take care of them in special situations and treat them like a person. If asked to accommodate an unusual request, it’s easy to say no – but our staff has accepted that the answer is yes, we can do it and we’ll find a way,” Pennington said.

JO3 Rebekah Blowers
CFAS Public Affairs

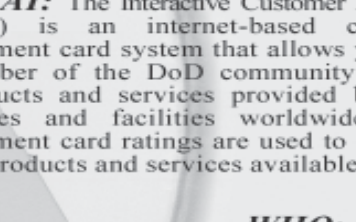
He said another overall change is the

He said the changes wouldn't have come about if it wasn't for the help he had from

Patrons in the Sasebo community are encouraged to give their ideas and opinions. For more information, contact the Public Affairs Office at 252-3029.



A Firefighter at Commander Naval Forces Japan Regional Fire Department Sasebo receives recognition as Volunteer of the Month from Commander, Fleet Activities Sasebo (CFAS), Capt. Michael L. James. He has participated in the City of Sasebo's volunteer fire brigade during his off-duty hours for the last 19 years. As a volunteer fire brigade member, he has been mobilized on 20 occasions to respond to both structure fires and wildfires within the Sasebo community. He also took part in community fire drills, fire training exercises, performed ceremonial duties and used his knowledge of procedures at CFAS and Sasebo's Fire Departments to help them better understand each other's operations. Congratulations from the Sasebo community on a job well done. (Official U.S. Navy photo by PH3 Ian W. Anderson)




WHAT: The Interactive Customer Evaluation (ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

WHO: Anyone with a suggestion or a comment on the service they received.

HOW: Access the ICE website at www.cfas.navy.mil and click on the ICE icon.

WHY: Your comments and concerns assist in focusing improvements to services delivered to you.

WHEN: Anytime



Patriot, Guardian drydock period ending



Left: The crew of the USS Patriot (MCM 7) gather for a photo. Patriot and USS Guardian (MCM 5) left their drydocks on May 21 after an extensive maintenance period. During drydocking, several upgrades and installations were completed, including a new reverse osmosis distilling plant, significant work to the hull and shafting and several weapons systems upgrades. (Official U.S. Navy photo by PH2 (AW) Jonathan R. Kulp)

MWR explains changes due to budget reduction

Frank A. DeSilva

MWR Marketing

The Sasebo Morale, Welfare and Recreation (MWR) Department has announced plans to implement a series of modest price increases and other cost saving measures effective June 1 in an effort to win the latest battle of the budget.

Similar actions are being taken throughout the Navy to help reduce national defense related expenses while maintaining a high level of fleet readiness.

As the Navy continues to evolve into a leaner, more efficient fighting force, MWR organizations Navy-wide are being asked to help reduce expenses.

"We're doing everything we can here at Sasebo to tighten our belts during this latest round of budget cuts," said Scott Poluhowich, MWR Director.

"We're doing our part, but at the same time we want to ensure that our core programs, such as the Liberty Center, Sports and Fitness, Child Development Centers and Youth Activities are not adversely impacted," he said.

"As a result we decided to implement modest fee increases and reduce operating hours slightly at selected facilities to reduce expenses while still providing outstanding facilities and services across the board."

Poluhowich said several major improvements to MWR facilities already in the works will not be affected by the newly announced budget cuts.

New artificial turf at Nimitz Park, expected to be installed next month, will proceed as scheduled. All cardio fitness equipment at the Main Base Gym, Spare Time Recreation Center and Hario Gym will soon be equipped with new television/DVD monitors.

Phase one of renovations in the Spare Time Recreation Bowling Center remains on track as well, while work on interior improvements at the Hario Gym and the installation of new seats in the Showboat Theater are expected to be completed later this summer.

The Hario Child Development Center will receive new jungle gym equipment and child safety items this summer as well.

"All of these projects were well underway before the budget cuts we are experiencing now were announced," Poluhowich said. "MWR is committed to providing the best facilities, equipment and services we possibly can with available resources. By making reasonable and prudent adjustments to fees and operating hours we can still maintain the high

level of service our patrons have come to expect."

Price changes which will become effective on June 1 include:

- An increase in alcohol products across the board by 25 cents, bringing the price of a beer in MWR facilities to \$2. Prices for mixed drinks will also increase slightly.
- Auto Hobby Shop user fees will go up by \$1 with the exception of the one-day pass, which will remain at \$10.
- Adults will be charged \$3 to ride the Hario shuttle bus, up from the current \$2 charge. Children may continue to ride for free.
- Theater tickets will be increased by \$1. New theater fees will be \$3 for adults and \$2 for children. Selected snack bar prices will increase slightly as well.
- Bowling lane fees will increase by 25 cents and shoe rental by 50 cents.

- The price of swim lessons is also scheduled to increase slightly, effective June 1.

- Moderate price increases will also be implemented at MWR food outlets.

MWR Operational changes are also scheduled to go into effect June 1. Hours of operation for the Outdoor Recreation Center during mid-October to mid-March will be 11 a.m. to 5 p.m. Thursday, Friday and Monday, and from 9 a.m. to 5 p.m. on Saturday and Sunday. The Outdoor Recreation Center will remain closed on Tuesday and Wednesday.

The Travel & Tours Office will be closed on Federal holidays.

The Base Library will open at 10 a.m. Monday through Friday (vice 9 a.m.). Weekend hours will remain the same. The new Library hours will be 10 a.m. to 5 p.m. daily. Paws & Claws will open two hours later.

Friday late night childcare service at both Child Development Centers will be terminated effective June 1. Swimming pools will open on June 12 this year, with the Hario Pool scheduled to close after Labor Day. The Main Base Pool will be open for limited hours. After Labor Day, Main Base pool hours will change to 6 a.m. - 8 a.m. for lap swimming and from 3 - 6 p.m. for open swimming. Weekend hours will continue to be 11 a.m. - 6 p.m. until September 26.

"The increases and new hours of operation announced today are relatively minor and will not impact our core services at all," Poluhowich said. "I'm sure our patrons will understand the financial constraints we are faced with in view of the world situation. Every little bit helps."



Prices at the Showboat and Hario Village Theater will be changing as a result of budget cuts. (Official U.S. Navy photo by JO3 Rebekah Blowers)

Military spouses pursue careers through DeCA

Rick Brink

Defense Commissary Agency

FORT LEE, Va. –The commissary has been more than a great place to shop and save money for Andrea Chisholm, who has worked at three different commissaries in the past eight years as she and her family moved about the world to fulfill the demands of military life.

Chisholm, a meat department worker at the MacDill Air Force Base, Fla. commissary, is one of more than 3,200 military spouses who perform a variety of jobs in commissaries and other Defense Commissary Agency (DeCA) activities around the world.

Spouses of active duty military members make up 20 percent of DeCA's work force, according to Brant Smith, DeCA staffing and employee development specialist. The total is up 4 percent from 2002.

Military spouses bring to the DeCA workplace a depth of knowledge and understanding of the commissary's role in military life, Brant said.

They have a vested interest in the commissary benefit and they find challenging and rewarding work in DeCA.

In just two years, Wendy Devoe, wife of a Marine gunnery sergeant, transitioned from an office secretary to a contract specialist at DeCA Headquarters. She had completed her graduate education and moved to the Contracting Business Unit job through an outstanding scholar program.

"Working for the government over the years, to include my experience here at DeCA, has allowed me to reach goals that were difficult yet rewarding," said Devoe, who in 14 years has worked in a variety of jobs for Army, Navy, Air Force and Marine organizations.

Janea Anderson, another DeCA Headquarters employee, said her job as a division secretary suits her situation fine as her husband, an Army captain, attends a course at the Army Logistics Management College on Fort Lee. She had worked as a training technician in a prior assignment in Germany.

"Working within government service enables me to transfer to a comparable grade level and series wherever my husband is stationed," Anderson said. "Commissaries are located at every major installation, so the next time we move, I will definitely check out the DeCA job vacancies. It's nice to work for a defense organization that I see as a great asset to military families."

Chisholm said the proximity of commissaries where her family has lived and the Defense Department's spouse preference hiring program have enabled her to continue working at what she enjoys.

Chisholm's husband, Antonio, is an Air Force senior master sergeant with 25 years in the service. The family was stationed at Ramstein Air Base, Germany, in 1996 when she started her civil service career in the meat department.

When the family moved to Offutt Air Force Base, Neb., she worked in the commissary as a cashier and in the warehouse before a position in the meat department opened up.

She began work at the MacDill commissary as a cashier and last June she returned to the meat department where she has subsequently been promoted to meat cutter.

"As one of our newest cutters, Andrea has continued to excel and would be a valuable asset in any area of the commissary," said Joyce Parish, the MacDill meat manager.

Sasebo remembers Asian Pacific American Heritage Month

JO3 Rebekah Blowers
CFAS Public Affairs

Members of the Sasebo community honored Asian-Pacific American Heritage Month with a variety of events.

On Saturday, May 22, the Filipino-American Association (FIL-AM Association) sponsored a Santacruzian parade in honor of the Blessed Virgin Mary throughout the streets of Hario. Volunteers held banners of flowers in honor of a tradition brought to the Philippines 100 years ago by Spanish conquerors. According to Master-at-Arms 1st Class Joseph Dino, the event was an opportunity for the community to unite toward a common goal.

“We brought many Filipinos and Americans together because of this Santacruzian. We formed a team to celebrate [this tradition],” Dino said.

The event also gave participants a chance to have fun while celebrating their culture.

“I had fun today. I got to dress up and see some of my friends. It was a lot of fun,” said Shayra Mercado, a participant in the parade.

The community also celebrated Asian-

Pacific Heritage Month with a special Sunday Brunch at the Harbor View Club May 23. Not only did members of the Sasebo community get to enjoy delicious Asian Pacific foods, they also got to enjoy various singing and dancing performances of Asian Pacific heritage.

Lara DeGuzman, who was one of the performers of the Binswan Dance, said her performance gave her a special sense of her Filipino culture.

“I think you learn about togetherness and getting closer to your family, your culture, your traditions and your customs. It’s a great feeling inside especially when you get to present it to the community,” DeGuzman said.

She added that this is her fourth year performing the dance for Asian Pacific Heritage Month and she hopes the tradition continues.

Brandy Santiago, catering manager at the Harbor View Club, said the event gave everyone a chance to learn something new.

“Events like this are important because it gives MWR [Morale, Welfare and Recreation] and CFAS [Fleet Activities Sasebo] a chance to work together to

provide a nice atmosphere so people can come and learn more about Asian Pacific Heritage Month and what it is we are honoring,” Santiago said. She added that there was an awesome turnout and she is hoping to expand the performances next year.

Members of the community also participated in a food tasting at the Fleet Exchange May 26. An array of food was available from Korea, the Philippines, Guam and Japan. According to Ship’s Serviceman 1st Class Jose Tacan, who participated in the food tasting event, people in the Sasebo community had the opportunity to experience a part of their culture by trying



Two friends help each other get their food tasting plate together May 26. (Official U.S. Navy photo by JO3 Rebekah Blowers)

foods from the different Asian Pacific countries.

Overall the Sasebo community was able to enjoy and learn about the Asian Pacific American culture and its importance in our community.

Sasebo Elementary awarded NCA accreditation

Sasebo Elementary School

The Professional Staff of Sasebo Elementary School announced today that the school earned accreditation for the 2003-2004 school year from the North Central Association Commission on Accreditation and School Improvement (NCA CASI). The association recognized the school on March 31, 2004, at its annual meeting held in Chicago. Sasebo Elementary School joins over 9,000 schools across a 19 state region that were honored for attaining accreditation.

To earn accreditation, schools must meet NCA CASI’s high standards, be evaluated by a team of professionals from outside the school, and implement a continuous school improvement plan focused on increasing student performance. The accreditation process is voluntary and requires annual review.

“Accreditation demonstrates to our students, parents, and community that we are focused on raising student achievement, providing a safe and enriching learning environment, and maintaining an efficient and effective operation staffed by highly qualified educators,” stated Christy Blevins. “NCA CASI accreditation is recognized across state lines, which not only eases the transfer process as students move from accredited school to accredited school but also assures parents that the school is meeting

regionally and nationally accepted standards for quality and successful professional practice.”

Accreditation provides an external mark of quality and a proven process for school improvements. Susan Szeremet, who leads the school’s improvement team, stated, “The real value of NCA CASI accreditation is the school improvement process, which focuses the school staff on analyzing student performance data, identifying areas of weakness, and developing clear goals and plans for improvement. We regularly assess and measure our progress in all goal areas, and NCA CASI holds us accountable for demonstrating growth. The process keeps everyone in the building focused on raising student achievement.”

Parents and interested community members can learn more about NCA CASI accreditation at <www.ncacasi.org>

The North Central Association Commission on Accreditation and School Improvement is a non-governmental, voluntary association of public and private elementary and secondary schools in 19 states, the Navajo Nation, and the Department of Defense Dependents’ Schools (DoDDS) overseas. NCA CASI accredits more than 9,000 schools, challenging them to prepare all students for success as they move from home to school to higher education and/or careers.

For more information, please contact Sasebo Elementary School at 252-3600.

Bicycle helmets essential to Sasebo summer safety

Charles Carr
CFAS Safety Department


Proper Fit: The helmet should fit snugly and feel comfortable. It should be positioned to cover as much of the head as possible, including the forehead. Always buckle the chinstraps. Look for D-rings or a quality buckle that cannot be opened or easily bent or broken. Use the foam pads that come with the helmet to insure a proper fit. Children should always wear a helmet when riding. Children’s heads vary widely in shape and size; pay attention to fit and use the foam pads as needed. A properly fitted helmet should rest level on the top of the head. The rim must be level from front to back. It should fit securely when the strap is fastened, with enough space to put one finger between the child’s chin and the helmet buckle.

Safety Tips: To enhance visibility, the helmet should include reflective tape. It should not interfere with hearing or vision. The helmet should be approved by the Snell Memorial Foundation (SNELL) or the American Society for Testing and Materials (ASTM) certifying that it is safe for cyclists.

Always wear a helmet. Obey traffic signs and signals. Ride on the right, with the flow of traffic. Be alert for road hazards. Use hand signals. Don’t allow children to ride at night. Watch for cars in driveways and alleys. Use caution in wet weather and fog conditions. Maintain your bike.

Helmet Care: Be careful of using paint and stickers on a helmet. They may damage your helmet. Clean your helmet with gentle soap and water. Don’t use abrasive cleaners. Replace any helmet after you crash. Impact may crush the styrofoam. Replace the buckle if it cracks or if any pieces break off.

Misconceptions: Anyone can be seriously hurt in a bicycle crash, especially adults who are often riding at faster speeds on busy roads. Adults are role models for children. Always wear a helmet no matter how old you are.



Emergency Off-Limits Notice

As per COMFLEACTINST 1050.3A, the Tenjin District of Fukuoka is off-limits to all SOFA-sponsored personnel from 8 p.m. – 6 a.m. The restriction has been extended 30 days until June 8.



UPCOMING EVENTS & MOVIES



Coastal Sea Kayaking Class

All Day Class

Saturday, June 5
Sunday, June 13
& Saturday, June 26
10 a.m. - 4 p.m.

\$35

BRING LUNCH, SUNSCREEN AND A CHANGE OF CLOTHES.

 **Sailing & Outdoor Adventure Center**

For more information, call 252-3500.



Basic Sailing Class

All Day Class

FRIDAY, JUNE 11
SATURDAY, JUNE 12
SUNDAY, JUNE 27
10 a.m. - 4 p.m.

Registration deadline: 1 week prior to class.
2 minimum / 7 maximum sign-ups.

Includes:
Classroom instruction and hands on experience aboard our sailboat.

Upon successful completion of this class you can rent one of the sail boats from the Sailing & Outdoor Adventure Center.


\$35

 **Sailing & Outdoor Adventure Center**

For more information, call 252-3500.

Movie Schedule for May 28 - June 4

FEATURED PREMIERE



Rated: PG

Starring:
Judi Dench, Cuba Gooding Jr., Randy Quaid, Sarah Jessica Parker and Roseanne

When a greedy outlaw named Alameda Slim schemes to take possession of the "Patch of Heaven" dairy farm, three determined cows, a karate-kicking stallion named Buck and a colorful corral of critters join forces to save the farm in a wild quest full of high-spirited adventure. This unlikely assortment of animals risk their hides and match wits with a mysterious bounty hunter named Rico in a high stakes race to capture Slim and collect the reward money.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, MAY 28	SATURDAY, MAY 29	SUNDAY, MAY 30	MONDAY, MAY 31	TUESDAY, JUNE 1	WEDNESDAY, JUNE 2	THURSDAY, JUNE 3	FRIDAY, JUNE 4
5 p.m. (PG-13) *Walking Tall	2 p.m. (PG) The Prince & Me	2 p.m. (PG) The Prince & Me	2 p.m. (PG) Home on the Range	6 p.m. (PG) Home on the Range	6 p.m. (PG-13) Walking Tall	6 p.m. (R) Never Die Alone	5 p.m. (PG) *Shrek 2
7:30 p.m. (PG-13) *The Whole Ten Yards	4:30 p.m. (PG-13) The Whole Ten Yards	5:30 p.m. (PG-13) The Whole Ten Yards	6 p.m. (PG-13) Van Helsing	8:30 p.m. (R) The Passion of the Christ	8:30 p.m. (R) Troy	8:30 p.m. (R) Man on Fire	7:30 p.m. (PG-13) *Hellboy
10 p.m. (R) *Troy	7 p.m. (PG-13) Walking Tall	8 p.m. (R) Troy	8:30 p.m. (R) *Taking Lives				10 p.m. (R) *The Girl Next Door

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, MAY 28	SATURDAY, MAY 29	SUNDAY, MAY 30	MONDAY, MAY 31	TUESDAY, JUNE 1	WEDNESDAY, JUNE 2	THURSDAY, JUNE 3	FRIDAY, JUNE 4
6:30 p.m. (PG) *Home on the Range	2 p.m. (PG) Home on the Range	2 p.m. (PG) Scooby Doo 2	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) The Whole Ten Yards	6:30 p.m. (PG-13) *Jersey Girl
9 p.m. (PG-13) Van Helsing	6:30 p.m. (PG-13) Van Helsing	6:30 p.m. (R) Never Die Alone					9 p.m. (R) Troy
	9 p.m. (R) The Passion of the Christ						

THE WHOLE TEN YARDS (PG-13)
Starring: Bruce Willis, Matthew Perry, Amanda Peet, Kevin Pollak and Natasha Henstridge
Thanks to falsified dental records supplied by his former neighbor, Nicholas "Oz" Ozeransky, retired hit man Jimmy "The Tulip" Tudeski now spends his days compulsively cleaning his house and perfecting his culinary skills with his wife Jill, a purported assassin who has yet to pull off a clean hit. Suddenly, an uninvited and unwelcome connection to their past unexpectedly shows up on Jimmy and Jill's doorstep: it's Oz, and he's begging them to help him rescue his wife from a Hungarian mob. Together they'll have to go the whole nine yards and then some to manage the mounting Mafioso mayhem

THE PRINCE & ME (PG)
Starring: Julia Stiles, Luke Mably, Miranda Richardson, James Fox and Joanne Baron
Paige, a free spirited American college student starting her education at an Indiana university, meets and falls in love with one of her classmates. What she doesn't know is that he's actually a Danish prince spending his "gap year", the year before having to perform his princely duties, hiding in America disguised as a regular guy.

VAN HELSING (PG-13)
Starring: Hugh Jackman, Kate Beckinsale, Richard Roxburgh and David Wenham
Writer/director Stephen Sommers, the man behind the Mummy series, tackles three more classic monsters with this big-budget action-horror flick starring Hugh Jackman (X-Men, Swordfish). Jackman stars in the title role as Dr. Abraham Van Helsing, the legendary vampire slayer immortalized in Bram Stoker's Dracula. This time around though, Van Helsing has more than the blood-sucking Count Dracula (Richard Roxburgh) to contend with, as he also goes head-to-head with the Wolfman (Will Kemp) and Frankenstein's Monster (Shuler Hensley).

WALKING TALL (PG-13)
Starring: Dwayne "The Rock" Johnson, Kristen Wilson, Neal McDonough, Ashley Scott and Johnny Knoxville
A retired soldier who returns to his hometown to make a new life for himself, only discovers his wealthy high school rival, Jay Hamilton, has closed the once prosperous lumber mill and turned the town's resources toward criminal gains. The place he grew up in is now overrun with crime, drugs and violence. Enlisting the help of his old pal, he gets elected sheriff and vows to shut down Hamilton's operations. His actions endanger his family and threaten his own life, but he refuses to back down until his hometown once again feels like home.



Luau & Casino Night at the Sailing & Outdoor Adventure Center

What a way to kick off the Memorial Day Weekend and celebrate Asian Pacific Heritage Month on Saturday, May 29, 6 – 10 p.m. Enjoy an evening of casino fun with roulette, craps, poker and more. The pig will be roasting, the island cuisine awaiting you in the chafing dishes and lots of local music and friends. The evening of fun is \$15 for those 18 years or older. Tickets are on sale now at the Sailing & Outdoor Adventure Center. For more information, call 252-3500.

Memorial Day 3K Run

The Hario Fitness Center is celebrating Memorial Day with a 3K run on Monday, May 31. The Race begins at 8 a.m. Register

30 minutes prior to the race start time. Awards will be presented to the 1st & 2nd place winners in each division (men’s, women’s and youth). For more information, call 252-8960.

Great Summer Trips for Youths, Pre-Teen & Teens with MWR

The Youth Center has a cool trip planned to Papio Ice Skating Rink on Saturday, June 5. ¥1200 entrance fee and \$10 for transportation. Deadline to sign up is Wednesday, June 2. Teen Center Space World Trip on Saturday, June 12. \$7 for transportation plus One Day Pass. ¥2800 13 – 16 years old and ¥3800 for 17 & older. Sign up deadline is Wednesday, June 9. Pre-Teen Center is spending a day outdoors at Mt. Eboshi on Saturday, June 19. \$4 for transportation. Bring yen for

activities and food. For more information, call 252-3797 or 252-8966.

Get Your Act Together for the Gong Show

Think you got talent and can win the judges over? Bring it on down to the Galaxies Club on Thursday, June 17 for Sasebo’s version of the Gong Show. The fun begins at 8 p.m. for those 18 years or older. Spectators are welcome. Don’t miss this night of fun and a chance to win cool prizes. Sign up by Friday, June 11 and be entered for a special drawing. For more information, call 252-2980.

Clean Out the Closets and Make Some Extra Cash

Box up the kid’s small clothes, unwanted toys and household good and reserve your spot for the next Hario Community Swap Meet at the Hario Fitness Center on Saturday, June 5. \$2 per table for sellers. Doors open at 9 a.m. No early birds. Reserve your table today at the Hario Community Recreation Office. For more information, call 252-8860.

Boys & Girls Clubs of Sasebo Youth Summer Camp

Registration is going on now for this year’s 2004 Summer Camp. Stop by the Main Base or Hario Youth Center and register your 5 – 9

year old for a summer of fun. For more information, call 252-2989 or 252-8866.

Get ready for Summer with the Sailing & Outdoor Adventure Center

Come on down to the Sailing Center and sign up for cool classes such as Basic Sailing and Waterskiing. Once you receive your certification, you will be eligible to rent your sea craft and enjoy the cool Sasebo waters. Here are some of the classes scheduled: Coastal Sea Kayaking Classes, \$35, are scheduled for Saturday, June 5, Sunday, June 13 and Saturday, June 26, 10 a.m. – 4 p.m. Basic Sailing Classes, \$35, are on Friday, June 11, Saturday, June 12 and Sunday, June 27, 10 a.m. – 4 p.m. Powerboat Safety Classes, \$25, are on every Monday in June from 4 – 6 p.m. If water is not your thing, discover Japan on the road with one of MWR’s cool RVs. Classes are held every Thursday in June from 4 – 6 p.m. Fee is \$25. Upon successful completion of this course, you will receive a \$25 coupon towards your first rental. Fee for this class is \$25. For more information, call 252-3500 or stop by the Sailing Center located across the street from the Community Education Center.

Living in Japan: What exactly is Culture Shock?

Culture shock is a phrase we often hear used by people arriving in Japan. They speak of vague feelings of uneasiness, sleeplessness, crying jags, loss of appetite, a preoccupation with idealized thoughts of home, or where they have just arrived from,

and a sense of hopelessness regarding their upcoming two to three year duty tour overseas. Americans, being who we are, cannot have such an immobilizing and occasionally crippling condition go without a name, so the term culture shock has been coined. It is a non-malady, without a magic elixir or famous diet available to ensure its cure. Although, some people have found that mass consumption of potables does numb their morosity for brief periods, but that anesthetic effect ultimately only compounds their feelings of pain and malaise.

Try to think of culture shock as nothing

more than accumulated stress. Most individuals come to Japan pre-stressed by the challenges of overseas screening, shots, acquisition of passports, vacating their homes or prior living quarters, separation from family and friends, saying good-bye to their car, yanking kids out of schools, making nomadic treks through mega-airports, and the whole dehumanizing PCS process that we so lovingly call the mobile military lifestyle.

With your cup of stress fairly well overflowing, you are thrust into a foreign society where you are legitimately a functional illiterate, unable to speak, read, or write the language. Take

into account the aversion most Americans have to not being in the majority, and the insult of having to stand in the “Alien” line at the airport when going through customs, and we many times will trip offline, with our systems going into stress overload. Our natural target for blame is the new cultural surroundings, whether it is Japan, France, Sweden, San Diego, or whatever.

Boiling it down to being a stress thing is actually good because you can pinpoint what your stressors are and work on alleviating them one by one. Natural stressors for an American coming to Japan are finding a place to live, getting a drivers license so you may buy a car (freedom personified for an American), getting the kids back into school, and so on. As you shed these stressors, one by one, you will find that your ability to cope and enjoy the newness of your surroundings will exponentially become more of a reality.



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FLEET & FAMILY SUPPORT CENTER

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May 29-31

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DOCKERS

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UNITED WEATHER "STORMFIGHTER" PWS DEC. 24th, 25th and 26th

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Betcha didn't know about local POW camps

Phil Eakins
Base Historian

The annual Memorial Day service at Soto Dam will be held Sunday. With this in mind, I thought it appropriate to take a moment to remember all the prisoners of war (POW) detained in local prison camps during the Pacific War.

You may know of the POW camp that was located in Yunoki cho near the Soto Dam site, but did you know three other POW camps were located in Nagasaki Prefecture?

These camps, under the command of the Imperial Army, were known as Fukuoka Camps despite their actual locations. Camp #2 was located at Koyagi, just south of Nagasaki City;

the 497 POWs (five Americans) detained there worked for the Kawanami Shipyard Company. Camp #14, located in Nagasaki City, held 195 British, Dutch and Australian POWs (no Americans) who provided labor for Mitsubishi Heavy Industries.

Emukae, a small town northwest of Sasebo, was the site of Camp #24. A total of 35 Americans out of 267 POWs spent their time in captivity working in the mines of the Sumitomo Coal Mining Company.

Very little information exists regarding Camp #18. In fact, it is not mentioned in some written reports. Prisoners from this camp, which operated from late 1942/early 1943 until April 1944, were used to build Soto Dam. The Imperial Navy oversaw the construction of the dam, and the guards were brutal according to former POWs.

“We called Camp #18 the ‘Death Camp.’ That was the worst of the bunch,” recalled one former POW. The captives labored at a rock quarry, at one time working 36 hours without sleep, remembered another POW. “We were beaten at least twice a week,” wrote one former detainee, “and on one occasion I received three beatings in one day.”

Fifty-five American POWs died at Camp 18 before Soto Dam was completed, along with 14 Japanese workers and approximately 44 prisoners of other nationalities. Thirty-two known names are etched into the memorial that was erected by Sasebo City in April 1956 to remember their sacrifices. Take time this Sunday to remember each one.

Worship Services

Community Chapel, Main Base

Roman Catholic
Sun. 9 a.m., Tue.- Fri. 11:30 a.m., Sat. 5:30 p.m.
Protestant
Sun. 11 a.m.
Protestant Sunday Schools
Sun. 9:30 a.m.
Catholic Catechetical Doctrine
Sun. 10:15 a.m.
Ladies Bible Study by Beth Moore
Wed. 9:30 a.m. & 6:30 p.m.- Music room
Christian Men’s Fellowship
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)
Sun. 9:30 a.m.
Roman Catholic
Sun. noon
Episcopal
Sun. 5 p.m.
<http://culdee.org>
Protestant Sunday School
Sun. 9:45 a.m.
Catholic Catechetical Doctrine
Sun. 11 a.m.
Ladies Midweek Bible Study
Wed., 9 a.m.
Youth Drama Group
Sun. 1:30 p.m.

Lay Congregations

Church of Christ (CEC)
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122
Jewish Community
Contact Religious Ministries at 252-3380 FMI
Nichiren Daishonin’s Buddhism (SGI-USA)
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165
New Life Christian Fellowship (CEC)
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332
Ladies Bible Study (CEC)
Tuesday 6:30 p.m.- Music Room FMI call 252-8632
Family Bible Study (Hario)
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

Greater Harvest Holiness Church of God in Christ
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712
Church of Jesus Christ of Latter Day Saints
Missionary- 252-8279
Lighthouse Baptist Church
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.
International Christian Assembly
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.
Iglesia Ni Cristo
252-2363 During working hrs.
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule May 29 - Jun 4

The following schedule is an abbreviated schedule. For a full schedule, please log on to www.myafn.net or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. May 29	9 a.m. - Countdown w/ Kieth Olbermann 11 a.m. - The Newshour 4 p.m. - Nightline 6 p.m. - CNN Live 8 p.m. - 20/20	9 a.m. - Burt Wolf's Local Flavors 10 a.m. - Trading Spaces 4 p.m. - The View 8 p.m. - Everwood 9 p.m. - Strong Medicine	3 p.m. - Lizzie McGuire 7 p.m. - My Wife & Kids 8 p.m. - The West Wing 10 a.m. - Headline News	8 a.m. - Blast from the Past 10 a.m. - Baby Geniuses 3 p.m. - Spongebob Squarepants 5:30 p.m. - Scout's Safari	8:30 a.m. - Raceline 12 p.m. - French Open Tennis 4 p.m. - MLB 8 p.m. - Friday Night Fights
Sun. May 30	9 a.m. - Washington Week In Review 10 a.m. - CNN People in The News 6 p.m. - Big Story 7 p.m. - CNN Presents	9 p.m. - Music and the Spoken Word 6 p.m. - The Simpsons 8 p.m. - Joan of Arcadia 9 p.m. American Idol	12:30 a.m. - Sesame Street Specials 3 p.m. - MotorWeek 7 p.m. - Lord of the Rings 4 p.m. - I Spy 7 p.m. - Pearl Harbor	7:30 a.m. - The Entertainers 12:30 p.m. - Hour of Power 3 p.m. - Wishbone 7:30 p.m. - Air Force TV News 8 p.m. - MLB	9a.m. - NBA Tip-off 1 p.m. - WNBA 4 p.m. - MLB 8 p.m. - NHL 10:30 p.m. - Baseball Tonight
Mon. May 31	7 a.m. - Tim Russert 8 a.m. - Fox Report 9 a.m. - This Week 11 a.m. - 60 Minutes 4 p.m. - Beltway Boys 8 p.m. - Good Morning America	10 a.m. - Law & Order 2 p.m. - Bullets Over Broadway 5 p.m. - The Simpsons 8 p.m. - Monster Garage	10 a.m. - The Dr. Phil Show 11 a.m. - The Oprah Winfrey Show 4 p.m. - I Spy 7 p.m. - Pearl Harbor	8:30 a.m. - Seinfeld 12 a.m. - Meet the Press 3:30 p.m. - Wheel of Fortune 7:30 p.m. - Judge Judy 8 p.m. - Today 10:30 p.m. - Digimon	6 a.m. - NASCAR Nextel Cup Series 2:30 a.m. - SportsCenter 4 p.m. - Champions Tour 8:30 p.m. - French Open Tennis
Tues. Jun 1	7 a.m. - Headline News 8:30 a.m. - CBS Evening News 10 a.m. - Hannity & Colmes 6 p.m. - CNN Daybreak	9:30 a.m. - Happy Days 6 p.m. - Monk 7 p.m. - The Practice 8 p.m. - Inside the Actor's Studio 9 p.m - Star Wars	12 p.m. - Access Hollywood 3 p.m. - Arthur 5 p.m. - Jeopardy! 7 p.m. - Saving Private Ryan 9 p.m. - Pacific Report	9 a.m. - NHL 12 a.m. - Headline News 3 p.m. - Sagwa 5:35 p.m. - Guiding Light 6:17 p.m. - General Hospital	9 a.m. - French Open Tennis 10:30 a.m. - MLB 1:30 p.m. - NBA Fastbreak 4 p.m. - AFL 8 p.m. - NHL
Wed. Jun 2	8 a.m. - ABC World News Tonight 12 p.m. - BET Nightly News 2 p.m.- Newsnight w/ Aaron Brown 7 p.m. - The O'Reilly Factor	10 a.m. - Super Millionaire 6 p.m. - American Idol 8 p.m. - Tactical to Practical 10 p.m. - Indian Summer	9 a.m. - Blue's Clues 3 p.m - Between the Lions 7 p.m. - 8 Simple Rules 9 p.m. - The O.C.	8 a.m. - Popeye 3 p.m. - Blue's Clues 4:46 p.m.- The Oprah Winfrey Show 7 p.m. - Headline News 8 p.m. - Today	8 a.m. - MLB 2 p.m. - ESPNews 4 p.m. - NFL Europe 8 p.m. - Track & Field 10 p.m. - NHRA Auto Racing
Thurs. Jun 3	7:30 a.m. - NBC Nightly News 12:30 p.m. - Nightly News 3 p.m. - Paula Zahn Now 6 p.m. - 60 Minutes II	8 a.m. - The Wild Thornberrys 2 p.m. - Masterpiece Theatre 6 p.m. - One Tree Hill 7 p.m. - The West Wing	9 a.m. - Play With Me Sesame 3 p.m. - Disney's Hercules 7 p.m. - Sesame Street Everybody Loves Raymond	8 a.m. - Point Break 12 p.m. - Headline News 2 p.m. - Sesame Street 3 p.m. - Play With Me Sesame 3:30 p.m. - Wheel of Fortune	7:30 a.m. - Sportscenter 11 a.m. - French Open Tennis 4 p.m. - MLB 7 p.m. - SportsCenter
Fri. Jun 4	1 p.m. - Larry King Live 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Primetime 8 p.m. - Good Morning America	8:30 a.m. - Spongebob Squarepants 3 p.m. - The X-Files 6 p.m. - The Dead Zone 7 p.m. - Boston Public	9 a.m. - Little Bill 3 p.m. - House of Mouse 4:30 p.m. - As Told by Ginger 8 p.m. - The Apprentice 9 p.m. - Alias	9 a.m. - Sports TBD 2 p.m. - Sesame Street 3:30 p.m. - Wheel Of Fortune 5:35 p.m. - Guiding Light 11 p.m. - Ozzy & Drix	8 p.m. - MLB 3 p.m. - SportsCenter 4 p.m. - Sports TBD 8 p.m. - French Open Tennis 11 p.m. - ESPNews

Non-Profit Organizations

Al-Anon
090-8229-7048, 090-9602-4353
Alcoholics Anonymous
090-9602-4353, 090-8229-7048

CFAS Wardroom Association
252-3452
CPO Association
252-3521

Exceptional Sailor Program
Shore Duty E-4 and below, 252-5525

Filipino American Association
252-8361, 080-3228-5809

Guardian Angels
Spouse support group. 090-5945-2150

MCM Spouse Support Group
252-7235
Navy League, Sasebo Council
252-3109

Nippon Lodge Number 9
252-3481
Officers’ Spouses’ Club
252-7345

Sasebo Bluejackets Association
E-1 to E-6 personnel. 252-3481
Sasebo Eagles Little League Club
<c30-dd@cfas.navy.mil>
Sasebo First Class Association
Shore Duty E-6's. 252-2181/3347
Sasebo Homeschool Support Group
252-8195, 0956-58-7875

Thrifty Treasures
252-8940

USS Essex Family Support Group
0956-32-2177
USA Girl Scouts Overseas
0956-49-5273
USO
252-3959

Community Numbers Branch Medical

Hours of Operation

Monday & Friday 8:30-11:30; 12:30 - 4 p.m.
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.
Wednesday 8:30-11:30
Appointment Line: 252-2550
Hario Annex Clinic: 252-8770
Online Medication Refill: <www.nhyoko.med.navy.mil>
TRICARE Health Line: 005-3111-4621
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS

On Base: 9-1-1
Off Base: 0956-23-9911
Patient Comment Line: 252-2536
Or send e-mail to: <SASOIC@nhyoko.med.navy.mil>

Branch Dental

Hours of Operation

Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.
Wed. (Hario closed) 7:15 - noon
Sick Call 7:15 - 9 a.m.
Main Base: 252-3886
252-3747
Hario: 252-8977
EMERGENCY NUMBERS
After Hours: 252-2550
252-2551
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392
Desk Sergeant 252-3446 or 3447
Security Operations Officer 252-2371
Security Administration 252-2386

Fire Department

Fire Prevention Offices

Main Base & Hario 252-2142/2162
Ordnance Areas 252-2166
FISC Areas 252-2163

Business lines
Information/Dispatcher 252-3408
252-3518
Administration 252-2141
Secretary 252-2143
Assistant Chief of Training 252-2149
Assistant Chief of Prevention 252-2139
Fire Chief 252-2147

Other numbers

Command Chaplain 252-3380
Fleet & Family Support Center 252-3604
CFAS Quarterdeck 252-3311
Navy Relief Society 252-3366
CFAS Public Affairs (Shore-based commands) 252-3409
CTF-76 Public Affairs (Sea-based commands) 252-2131
USO 252-3959
Navy Lodge 252-3608
AFN 252-3869
1575 Thunder Radio 252-1575
Command Connections 252-2290

SES safety patrol awarded; Science awards given

Beth Martin
Sasebo Elementary School

Members of the Sasebo Elementary School Safety Patrol were recently thanked for their hard work and dedication. They received a certificate and plaque in acknowledgement of their service to safety from the school. Patrol responsibilities include reminding drivers to stop at stop signs and crosswalks as well as reminding all pedestrians, including teachers, to use the crosswalks.



Members of the Sasebo Safety Patrol pose for a photo. (Photo by Beth Martin).

Science Awards

Sixteen Sasebo Elementary School students from grades four, five, and six were awarded certificates and a travel clock from the National Science Teachers Association and the Toshiba Corporation. Each of these students was part of a Gifted Education team that submitted an Exploravision project to the annual Science Awards Program. These projects concerned the history, current status, and future prospects of a specific invention. The requirements of the program were very exact, and the students had to use their research skills and creativity to meet the criteria.

The students are:

Fourth grade- Amanda Gordon, Camille Cucueco, Robert Lucas, Recelda Lazarte, Cedric Rose, Nicole Sabijon (Darby).

Fifth grade- Christine Danzi, Sereena Thomson, Sophia Man, Naomi Filio

Sixth grade- Victoria Carpenter, Deanna Gayomali, Victoria Mercado, Amber Lockwood, Rizalina Suriben, Tressa Toomer.

CFAS Safety warns about heat illnesses

Charles Carr
CFAS Safety Department

Heat Cramps

Symptoms:

Cramps in various parts of the body or muscles during or after exercise as a result of salt (electrolyte) and water losses through sweating.

Treatment:

- Replenish salt and fluids to alleviate cramps. Administer fluids. If possible, give fluids, such as 1/4 to 1/2 teaspoon of salt dissolved in a quart of cool fruit juice. Commercial sport drinks with a moderate amount of sugar are also acceptable.
- Stretch cramped muscles.

Heat Exhaustion (Heat prostration)

Symptoms:

- Pale, moist skin.
- Body temperature is normal or only moderately elevated (102°F/38.9°C).
- Damp skin.
- Nausea, weakness, light-headedness, and possibly fainting without prolonged loss of consciousness.
- Very painful cramps may follow strenuous activity.

Treatment:

- Move the person to a cool, shady, or air-conditioned place and have them lie down with feet elevated.
- Loosen or remove most clothing.
- Apply cool, wet compresses to head and torso.
- Administer fluids as described in the information about heat cramps.

Heat Stroke

Heat stroke is a medical emergency that occurs most often in hot, very humid weather. This type of heat injury occurs

often in healthier people such as athletes and military recruits.

Symptoms:

- Person feels hot to the touch and skin is red and dry.
- Body's internal cooling mechanism has ceased to function, so sweating may have stopped and body temperature has climbed to 104°F (40°C) or higher.
- Rapid heartbeat.
- Confusion, and agitation or lethargy, stupor, and loss of consciousness.

Treatment:

- Summon an ambulance and/or emergency medical help immediately.
- While waiting for the ambulance, move the person indoors to an air-conditioned area or a shady place.
- Remove clothing, and cool by spraying the person with cool water. Fan the person to evaporate this water and increase heat loss.
- If a thermometer is available, check the person's temperature and stop cooling measures when it comes down to 102°F (38.9°C).

Preventing heat stroke:

- Exercise common sense precautions during hot, humid weather. Wear light clothes, drink plenty of fluids, and avoid overexposure to the sun.
- Take a cool bath or shower once or twice daily.
- Seek air-conditioned places for rest.
- Avoid strenuous activity in very hot and humid weather, particularly during the hottest part of the day.
- Use extreme caution in hot weather if you suffer a chronic disease (cardiovascular disease, neurological problems, or dermatological conditions).
- If you regularly take medication, get your doctor's advice about hot weather activity.

NEX offers record savings to customers

Kristine M. Sturkie
Navy Exchange Service
Command Public Affairs

VIRGINIA BEACH, Va. (NNS) — Sailors shopping in the Navy Exchange are saving more money today than ever before.

The Navy Exchange Service Command's (NEXCOM) most recent independent survey, conducted by QRS Corporation, concluded that customers save an average of 20.7 percent, not including sales tax

“This latest survey of nearly 21 percent savings is a record high for the Navy Exchange,” said Rear Adm. Robert E. Cowley III, commander, Navy Exchange Service Command. “When you add in the average sales tax savings, customers

save around 27 percent. That puts real purchasing power and money back into the pockets of our customers.”

The research firm shopped for a variety of products in eight regions throughout the United States. Navy Exchange prices on more than 350 items were compared to those of major retailers like Wal-Mart, Circuit City, Target, Home Depot, Dillards, Sears and Office Max.

The same items were surveyed from region to region and included items such as major appliances, consumer electronics, furniture, clothing, housewares, sporting goods, jewelry, and lawn and garden. The different stores shopped for the comparison were categorized as discount stores, mass merchants, full-line department stores and category-killer stores.

Darby students say no to drugs



A Darby teacher organized her students to perform a skit to recognize Drug Awareness in the school's cafeteria on May 26th. The sixth grade students, who recently completed D.A.R.E. training, served as the audience. The fifth graders, nervous about performing before older students, managed to do an excellent job and were well received by the sixth graders. The fifth graders present drug information to the sixth graders that gathered to watch the skit. (Photo released by CFAS Public Affairs)

For more information on the
PREMARITAL CLASS, call Fleet and
Family Support Center at 252-3100.

You can also email us at
c104c@cfas.navy.mil

premarital class

Thursday, June 17th
0930-1430
FFSC, Classroom 3

Base, community announcements

NEX Notes

Memorial Day Services at Soto Dam

The Sasebo Chief Petty Officers Association, Blue Jackets Association and the Kyushu Military Retired Association will make their annual homage to Soto Dam on Sunday, May 30. Services will begin at 12 noon, transportation will be provided. The bus will leave the Showboat Theater at 11 a.m. and return at 1:30 p.m. If you would like to use the transportation provided, please contact OS1 (SW) Hermosura at 252-2342 or email c30hg@cfas.navy.mil.

Uniform for active duty will be summer whites, other guests are requested to wear appropriate civilian attire.

Traffic Court

Traffic court is held every first and third Wednesday of the month at 1 p.m. at the Safety Office, located on the first deck of the Public Works building. All Active Duty personnel are required to be there in uniform. Call 252-5639 for more information.

Temporary Vehicle Pass

SOFA members and MLC/IHA employees who are authorized to have a permanent vehicle pass (Decal/Base Sticker) are now allowed to get a Temporary Vehicle Pass (TVP) issued for a newly purchased Privately Owned Vehicle (POV), at the vehicle inspection area which is located by the Tategami Gate.

MLC/IHA employees are no longer required to submit an application for a vehicle access pass. Simply go to the vehicle inspection area, present a vehicle registration form and insurance to the security personnel, get your POV inspected and a TVP will be issued to enter Main Base.

The TVP is valid for twenty four hours. In case of weekends and holidays, a TVP is valid until the next working day of the Vehicle Registration Office (VRO) and the security pass office. Go to VRO or the pass office, return the TVP, present the necessary paperwork to the staff and then the appropriate vehicle pass will be issued. This procedure also applies to SOFA members who wish to drive Japanese rental cars onto base and SOFA members who drive POVs which road tax is not paid. For any questions, please call VRO at 252-2378/2377 or the pass office at 252-2373/3692.

Voter Registration

The Staff Judge Advocates Office (SJA) has a booth in the Bayside Food Court on Tuesdays and Thursdays from 11 a.m. until 1 p.m. Volunteers will provide assistance with absentee ballot registration cards.

For more information contact the SJA's office at 252-2103/3385.

Additional information can also be found on the Federal Voting Assistance Program (FVAP) website at <www.fvap.gov>.

Power Outage Notice

Power will be secured on Main Base at 10 a.m. and remain down until noon. All Main Base facilities with the exception of India Basin will be affected.

USO Hours

Nimitz Park (Temporary until June 25th)
Monday, Wednesday, Thursday: 1- 6 p.m.
Friday, Saturday, Sunday: 1- 9 p.m.
Tuesday: Closed
Expanded hours begin June 26th with an Open House to welcome AIU Insurance.
Fleet Landing (Permanent)
Monday - Friday: 9 a.m. - 5 p.m.
Saturday, Sunday: Closed if no volunteer

USS Juneau Families

Courtesy of Capt. K.E. O'Flaherty USS Juneau Commanding Officer, families can enjoy a free meal at the Harbor View Club until June 12. Certificates can be obtained at the Harbor View Club Cashier's Cage. Simply identify yourself as a Juneau spouse, show your military identification card and initial the roster. For more information contact the command ombusman at 252-8184.

Vet Clinic

The Vet Clinic is cleaning out their records. If you have a pet in Sasebo that has not been seen over the past 12 months please call the clinic to make sure that your animal's record is up to date. For more information, contact the Vet Clinic at 252-3585.

Home Schooling

If you are interested in homeschooling or are currently homeschooling your children, we are here for friendship and support. Join us for picnics and field trips throughout the summer. FMI, call Mary 252-8195 or Kathleen 0956-58-7875.

Worship Service Canceled

Due to a scheduled power outage on Main Base on Sunday, May 30, the regularly scheduled 11 a.m. Protestant Worship Service will be canceled. However, a special Protestant Baptismal service will be held at the Sasebo Kashimae Pier area at 9 a.m. For more information call 252-2150.

Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a

Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what's going on.

Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

Fort McHenry Family Support Group

The next USS Fort McHenry Family Support Group meeting will be held in June. Please watch for upcoming notices on date, time and location. We are also planning family events for the summer.

Soundings Volunteers Needed!

Do you have a talent for writing, layout or print design? Do you have a passion for photography or sports? Are you a former editor for the New York Times? If so, *Sasebo Soundings* needs you! Please contact JO1(SW) Inman or JO3 Blowers at 252-3409/3485.

Sasebo Archery Association

Membership is free for anyone to join the Association in the Sasebo community. If you are an archer or bow hunter, or if you just love target shooting, give us a call at 080-3223-9894 or 252-8654 for more details.

The association meets on the first Thursday of the month at ATG Bldg. T-358 to induct new members or conduct business.

E.J.King Concert

On Saturday, May 29 at 2 p.m., E. J. King High School will host Pusan High School for a Combined Spring Concert themed "An Afternoon on Broadway." This first-time-ever concert will be held in the Hario Chapel, and will feature combined band and jazz choirs, as well as the E. J. King concert choir. The three ensembles will be performing a variety of Broadway hits, and the show is free and open to the entire community. Come on out and support the E. J. King band and choir students, and enjoy an afternoon of great music!

Voting

Your vote counts! Contact the Staff Judge Advocate's Office at 252-3385 for registration and absentee ballots, or get more information on-line at www.fvap.gov.

NEX Sale	Now-May 31
Memorial Day	May 29-31
Buyer's specials	June 1-6
Furniture Sale	June 1-15
Dads & Grad	June 9-13
Father's Day Sale	June 15-20

May 30 Store Hours

Due to a base-wide power outage from 10 a.m. - noon on Sunday, May 30, NEX retail stores (except the Mini-Mart) will open at 12:30 p.m. The Mini-Mart will operate normal hours. Bayside Food Court will open by 2:30 p.m. Bldg. 330 (Barber Shop, Beauty Shop and JENS) will open at 1 p.m. Autoport will open at 7 a.m., close temporarily at 10 a.m. and reopen as soon as power is restored.

Buyer's Specials

June 1 flyer features \$12.99 GBC Shredder, \$18.99 Panasonic® Iron, \$18.99 Mr. Coffee® 10-cup Coffee Maker, \$124.99 Royal® Vacuum Cleaner, \$159.99 Hoover® Steam Vac, 69¢ Rave® Styling Aide (after 50¢ on-shelf coupon) and \$1.99 AXE® Body Sprays (after \$1 on-shelf coupon). Flyer also features 10% off entire stock of car stereo speakers and amplifiers, 30% off entire stock of Coty® men's fragrances, \$1 or \$2 off Hanes® men's briefs & socks, and more.

Dynasty June Sale

Dynasty Gems will offer 40% off 18k Gold jewelry and 20% off 20k Thailand Baht.

Rainy Season

Rainy season will be here soon and we've already received above-average rainfall. Check tire wear to ensure safe conditions in preparation for slippery roads. Free tire assessment service is available at Autoport. Call 252-3607 for an appointment.

School Lunch Ticket Refunds

Lunch Ticket refunds are available until July 9 at Main Store Customer Service

New Low-Carb Items

Main Base Mini-Mart has new low-carbohydrate items arriving soon: Carb Option Chocolate Delite Shake, Creamy Vanilla Shake, Cinnamon Delite Bar, and Chocolate Peanut Bar. We're also introducing *Itoen*, a sugarless tea which contains vitamin C.

Birth Announcements

A service of FFSC New Parent Support and *Sasebo Soundings*

Maxwell Kyler Mader

Born April 12 at 7:12 p.m. in Matsunada Hospital to Mother, Ikuko T. Mader, and Father, GySgt Chad M. Mader, USMC, of USS Essex (LHD-2). Maxwell-kun weighed 3186 grams at birth.

Congratulations to these proud parents and welcome to this wonderful new addition to our Sasebo Navy family.

See LaDonna Kolman, FFSC-Sasebo New Parent Support Nurse, to have your baby's birth announced in *Sasebo Soundings*.

CLASSIFIEDS

VEHICLES

(Exp. June 5) **1991 Honda Motorcycle**, JCI '06, asking \$1600. Call 252-8122 or 090 5929 7031.

(Exp. June 5) **1989 Toyota Van**, JCI '05, asking \$1800 obo. Call 090 4488 9388.

(Exp. June 5) **1992 Toyota Grand Mark II**, JCI '06, asking \$2500. Call Teresa 25 9287 or 090 1164 4926.

(Exp. June 5) **1993 Nissan Primera**, asking \$2300. Call 252-7260.

(Exp. June 5) **1992 Honda Accord**, asking \$1800. Call 252-7260.

(Exp. June 12) **1995 Mitsubishi Chariot**, asking \$2800. Call Suzanne at 22 7393.

(Exp. June 12) **1993 Toyota liteACE**, JCI '06, asking \$2000 now after second week of june, asking \$1500. Call 38 8743 or 090 3799 0754.

(Exp. June 12) **1989 Honda Legend**, asking \$1000 obo. Call B.J. Talaro at 252-8458 or 090 1191 9650.

(Exp. June 12) **1995 Nissan Prairie**, JCI '04, asking \$2500. Call Sean 252-8441/8977.

(Exp. June 12) **1994 Honda Rafega**, JCI '05, asking \$1800 obo. Call Scott 080 3944 6046.

(Exp. June 12) **1994 Mazda Familia**, JCI '05, asking \$800 obo. Call Steve 252-7351 or 080 3228 5471.

(Exp. June 12) **1995 Mazda Proceed 4WD SUV**, JCI '04, asking \$3500 obo. Also selling **1991 Toyota Supra Twin Turbo**, JCI '05, asking \$2900 obo. Call Barbara 090 2088 3532.

(Exp. June 19) **1996 Honda Stationwagon**, JCI '05, asking \$3300. Call 090 7396 9753.

(Exp. June 19) **1991 Toyota Corona**, JCI '05, asking \$1000 obo. Call Beth 252-7300 or 090 5725 5463.

(Exp. June 19) **1993 Toyota Surf**, JCI '06, asking \$2000. Call Don at 252-7335 or 090 9478 4908.

(Exp. June 19) **1992 Daihatsu Mira**, JCI '05, asking \$1250. Call 252-3601/3608.

(Exp. June 19) **1990 Nissan Laurel**, JCI '05, asking \$1150. Call 252-8902/3746 or 090 6192 3067.

(Exp. June 19) **1992 Mazda Autozam**, JCI '05, asking \$2799. Call Ernest at 252-8687 or 090 8394 6907.

(Exp. June 19) **1989 Toyota Corona**, JCI '04, asking \$1500 obo. Call 252-2034/8421.

LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

MISCELLANEOUS

(Exp. June 5) Phone rights for sale \$300. Call Teresa 25 9287 or 090 1162 4926.

(Exp. June 5) Metal shelves \$75/ea, Punching bag w/ gloves \$25. Call 252-8599 or 090 1879 6259.

(Exp. June 5) Phone rights for sale \$150, will be available May 27. Call 47 5878 or contact A Reid at E.J.King.

(Exp. June 5) SkyPerfect Satellite Dish w/accessories \$75, ceiling light fixtures \$20/ea, Delonghi Retro Convection Oven \$250, Tatami closet drawers \$5/ea. Call Tamara 252-7373.

(Exp. June 5) Four year old Cat needs good home, loveable, playful. Can't take her back to US. Call 252-3150/8355 or 090 9590 1506.

(Exp. June 5) Vagabond 42ft sailboat, ketch-rigged, center cockpit. Beautiful liveaboard and world cruiser in excelent condition. Ready to sail anywhere. Main cabin with king sized berth, twin bunk beds in second cabin, two heads w/showers, propane fireplace/heater, large galley with three burner propane stove, oven, microwave and refrigeration. 85hp Ford Lehman diesel engine, watermark, full electronics and much more. Located in Sasebo, Japan. Asking \$120,000. For more information call 090 3882 8616 or email secondwinds53@hotmail.com

(Exp. June 12) Phone rights for sale available now for \$300 or \$225 after second week of June. Call 38 8743 or 090 3799 0754.

(Exp. June 12) AFN satellite dish w/balcony bracket

\$30. Call 252 8385.

(Exp. June 12) Two real mink coats, Long black new \$1200, Blue-grey rare color \$1500, Coffee table \$50, Loveseat \$75, Recliner \$75, Speaker box w/ two 15" speakers \$200, Two 10" kenwood subwoofers \$50, Laptop computer \$200. Call Scott 080 3944 6046.

(Exp. June 12) Sofa \$100, Loveseat \$200, Rocking chair \$100, Proform treadmill \$300, Dog crate (sml) \$25, 23" boys bike w/helmet, bell and pads \$50. Prices felixible. Call Lynn 252-8690 or 090 2096 1664.

(Exp. June 19) Two Kerosene heaters \$20/ea or \$30 for both, Three Electric heaters \$20/ea or \$45 for all, Japanese style coffee table \$30. Call 090 1971 0581.

(Exp. June 19) Housekeeping/Organizing help wanted for apartment at Huis Ten Bosch Hills. Call Kathleen at 58 7875 or 080 3228 5850.

(Exp. June 19) Phone rights for sale \$200, available June 7, George Foreman's Rotisserie oven & cart \$100. Call Jeanna at 090 1368 6271.

(Exp. June 19) Skyperfect Satellite dish w/ accessories \$75. Call Linda at 080 5050 9760 or email hazardthomas@hotmail.com

(Exp. June 19) Phone rights for sale \$200. Call Chris at 252-2271 or 090 6290 1953.

(Exp. June 19) Scholastic Discovery books wanted, Cartoon Network Scholastic books. Call 0928 71 8512.

(Exp June 5) Yard sale, Saturday, May 29 and Sunday, May 30 from 9 a.m. until 4 p.m. 533 A Pennsylvania Ave. Main Base. Call 252-7180.

HOME BUSINESS

IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Iura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

Need a translator? Need someone who can talk to a Japanese person? Anything you can think of, I can translate! If you ever need to negotiate: bills, phone rights, cable TV hook-ups, Cho/Landlord issues, car buying, insurance, car registration. I speak fluent English and Japanese and can provide confidential services like: birth certificates, divorce paperwork, marriage paperwork, City Office visits, hospital/doctor visits. Call Victoria at 090-7445-1853.

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201-7164 or ext.7302. Thank You.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese. No monies exchanged. maori@post.cc.sasebo.ac.jp or 31-2863.

Experienced in teaching to children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090-4221-9211.

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080-5050-6010.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080-5211-0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via e-mail ninasilverman@hotmail.com or call 080-5211-0174 to set up a lesson.

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300.

Are you and your friends interested in learning conversational English? Children and adults welcome, day or evening lessons. Call Tricia at 252-8626 or 090-7537-8926.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

French language tutor. Pierre 090-3734-3509 or <cramoisii@hotmail.com>

Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m. at soundings@cfas.navy.mil**
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

Sasebo Soundings Editor

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090-5024-7139 or 34-5321

Pacific Pixels Photography Specializing in family, silhouette adn kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxed time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail shirley@pacificpixels.com

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

English Language Instructor-Call for lessons at 25-6563.

Language Instructor-Japanese or English, private and group rates. Children and adult classes at your convenience. FMI call 34-7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 0956-39-2815. Check us out on the web;www.mdphotography.net.

ADSL/Broadband setup and computer support; As the former USONet Manager, I can help you get started with faster internet access by setting up your ADSL or Broadband connection-set up fee is \$60. If you do not have a network card installed, no problem I can install one for you. Also, if you need computer support, I only charge \$50, for the first hour and \$25 for each additional half hour. Call Ernest Perez 252-8687 or 090 8394 6907 for an appointment.

Learn conversational English in Hario or at your home. Lessons for children, adults, individuals and groups. Call 252-8300 or 090 9604 3996.

HELP WANTED

These ads are the most up-to-date announcements made to Sasebo Soundings as of Wednesday, 12 p.m.

SASEBO ELEMENTARY & E.J. KING HIGH SCHOOL

Open-continuous Vacancy Announcements: Applications for the following open-continuous vacant positions are accepted. If you are interested in any of the positions below, please submit your application now. Our Personnel Office in Okinawa maintains the applicant files. Qualifications: Applicants must be U.S. citizen and dependents of active military or DOD civilian personnel. Please call 252-3600 (for Sasebo ES) or 252-3059 (for King HS) or drop by the schools' offices for more information. Positions: Substitute Teachers, TP-1702-AA, \$87.50/day Educational Aid (General), GS-1702-04 Educational Aid (Special Education), GS-1702-04 Educational Aid (Sure Start), GS-1702-04 Office Automation Clerk/Assistant, GS-0326-04/05 Secretary, GS-0318-05/06 School Support Clerk/Assistant, GS-0303-4/5/6/7

J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. To be fully qualified, applicants must have a high school diploma. 15 college credit hours preferable.

J.N. Darby has IMMEDIATE openings for Education Aides. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-help skills.

Minimum Qualification requirements: ABILITY TO PROVIDE SPECIALIZED SERVICES TO INDIVIDUALS WITH DISABILITIES. Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

COMMUNITY BANK

Community Bank is looking for an energetic team player for a 30 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly @ 252-3963, for more information. Prior cash handling and customer service preferred.

CENTRAL TEXAS COLLEGE

Central Texas College is currently looking for evenings instructors in the following areas: Business Management, Human Resource, English, Speech, Computer Science, Developmental Math and Physical Education. We are also looking for distant learning instructors in the following areas: Accounting, English and Government.For more information, please contact the local field advisor at 252-3730oremail sasebo-fa@ctc-japan.com

J-PHONE

J-Phone, Sasebo Military Division is looking for part time applicants.If interested, please send your resume to: jphone_sase@poem.ocn.ne.jp or contact J-Phone at 252-3563.

HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

MWR

REGULAR FULL-TIME POSITION:
Child Development Center
Education Aide, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04, \$10.31/hr
Sailing Center
Maintenance Worker, \$10.29/hr. Open until filled.
Theater
Theater Manager, NF-03,\$21,000 to \$55,000 per annum. Open until filled.
Marketing
Publicity Assistant, NF-02, \$8.39/hr. Open until filled.
FLEXIBLE POSITIONS:
Youth/Teen Center (HV/MB), SSN Required

Recreation Aide, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)

Recreation Aide, \$6.50/hr. (Summer hire:Open for high school students only)

Child Development Center (MB), SSN Required

Education Aid, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04 \$10.31/hr

Bowling Center

Cashier/ Checker, \$6/hr

Cook, NA-04, \$9.58/hr

Sailing & Outdoor Recreation Center

Recreation Assistant (Sailing), NF-02, \$8.39/hr

Recreation Assistant (Paintball), NF-02, \$8.30/hr

Theater (Showboat/Hario)

Snack bar Clerk,NF-01, \$6/hr

Facilities

Tools & Parts Attendant, NA-05, \$8.66/hr

Fleet Fitness Center

Recreation Aide (Gear Issue), NF-01, \$6.00/hr

Recreation Assistant (Phys. Fitness), NF-02, \$8.39/hr

Swimming Pool (HV/MB)

Lifeguard, NF-01, \$6.50/hr (Must have certification for Lifeguard & CPR)

Lifeguard with Water Safety Instructor (WSI) Certification, NF-01, \$7.00/hr

Galaxies

Bartender, NA-05, \$8.66/hr

Cashier, NF-01, \$6/hr

Club Operations Assistant (Duty Manager), NF-02, \$8.39/hr

Cook, NA-04, \$9.09/hr

Video & Sound Equipement Technician, NA-07, \$10.29/hr

Harbor View Club

Club Operation Assistant (Duty Manager), NF-02, \$8.39/hr

NEX

Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.

Navy Lodge Office Clerk, NF-6145-01,\$8.50/hr

Customer Service Clerk, NF-2091-01,\$6.20/hr

Open Continuos Felxible Vacancies (OC'03) Main Base & Hario

Barber, NA-7603-07, \$9.78/hr

Beautician, NA-7641-07, \$9.78/hr

Sales Clerk, NF-2091-01, \$6.00/hr

MWR Athletics
252-3588

SASEBO SPORTS

Sasebo Sports
Report
252-2290

E.J. King competes in Far East softball competition

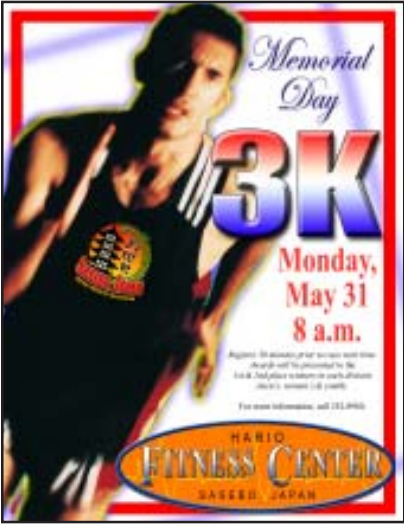
Amy Brennan
E.J. King Correspondent

On May 14 and 15, the E. J. King Girl's Softball Team traveled to Naval Air Facility (NAF) Atsugi to compete in the Pacific Region Far East competition. In the first round, the Cobras beat Zama 19 to 8 and Kinnick 14-2 to advance to the semi-final game against Misawa. These victories were especially sweet, as Zama had defeated King badly early in the season, and the team had lost 3 out of 4 to Kinnick the first two weekends of the season. In the semi-finals, King gave Misawa everything they had, but a great catch by the Misawa shortstop with the bases loaded and two outs in the last inning ended the game, 11-13. Throughout the Far East tournament, E. J. King had some exceptional players. Bianca Cruz played flawlessly in left field, and was the only player in the entire tournament to not commit a defensive error. Also, Lara Deguzman, Nicole Green, Erika Ongoco, and Charlotte Williams led the team in hitting throughout the tournament. Ongoco also fielded her position

well, and did a great job of throwing well-placed pitches and keeping the ball up. In the end, Yokota won the title, beating Misawa in the final, with E.J. King capturing 3rd place. According to Coach Tim McDaniel, "The ladies really played their hearts out. We were able to focus on our responsibilities at the plate, and hit the ball extremely well, but, we just couldn't come through defensively ... I'm really proud of the kids' effort, and hopefully, with a little more experience and study of the game, King will be ready to compete for the title in the near future."



The E. J. King Lady Cobra Softball Team took 3rd place in the DoDDS Japan Far East Tournament. The Team Captain (back row, center) was named the team's Most Valuable Player for the season. (Photo by Vincent Villano)



MWR offers golf tip:

From Golf Digest...
Golf cliches that have to go!

10. "That'll play" – Translation: "Good thing it's a par 5 – only four more of those drop kicks and you're home."
9. "Be the right club!" – Translation: "Even though I hit my 7-iron anywhere from 40 to 150 yards, please, make the ball travel the right distance for this hole."
8. "That dog will hunt" – Translation: "I'm not from the South, and if a shotgun went off near me I'd need to change my pants. But that was a decent drive." Optional: See No. 10.
7. "One" (usually heard when a ball falls off the tee.) - Translation: "Rule 11-3 clearly states there's no penalty, but I'm compelled to make

- this stupid remark just to annoy you."
6. "Never up, never in" – Translation: "Even though I got a D-minus in Philosophy 101, when it comes to putting I'd like you to think I'm deep."
5. "Grow teeth/Hit a house!" – Translation: "I hope my golf ball defies physics and suddenly stops to compensate for my lack of ability."
4. "How'd that not go in?" – Translation: "You've obviously putted poorly, so I will pretend to be surprised, just to bring levity to the situation."
3. "Does your husband play, too?" - Translation: "Despite being a man, you seem to lack the testosterone to play golf. Of course, Michelle Wie could beat me blindfolded."
2. "There's still some meat on that bone" - Translation: "You think they have hot dogs at the turn? Oh, and I'm not conceding that putt."
1. "You da man!" – Translation: "I'm a moran."

Sasebo Sports Standings

Spring Softball (as of May 23):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	8	0	1.000	0
2	Patriot	7	4	0.636	0
3	Dragons	6	2	0.750	0
4	Hitmen	6	3	0.667	0
5	Pumpers	5	2	0.714	0
6	Bone Crushers	4	2	0.667	0
7	Fort McHenry	3	4	0.429	0
8	Fire A-B	3	6	0.333	0
9	Essex	1	1	0.500	0
10	Snipes	1	1	0.500	0
11	Shooters	1	1	0.500	0
12	Kamikaze Squirrels	1	1	0.500	0
13	A-Stars	1	4	0.200	0
14	Guardian	0	7	0.000	0
15	NMCB-5	0	6	0.000	1
16	Iron Gators	0	2	0.000	0
17	The Squad	0	1	0.000	0

Spring Basketball (as of May 14):

Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4	0.733	0
2	Hitmen	6	5	0.545	0
3	Juneau	5	0	1.000	0
4	Patriots	5	10	0.333	0
5	Harpers Ferry	4	0	1.000	0
6	Raiders	4	2	0.667	0
7	Guardian	1	14	0.067	0
8	Terror Squad	0	0	0.000	0
9	Small Boys	0	1	0.000	0

Upcoming MWR Sports:

Memorial Day Weekend 10K:

Monday, May 31
9 a.m. at Nimitz Park.
Finish off your holiday weekend with jaunt around Nimitz.
Race starts in front of the USO in Nimitz Park. Awards will be given to the top finishers in each division (Youth, Adult, Fleet, Masters, Senior).

Caliente Noche One Pitch Softball Tournament:

Start Time is 6 p.m.
Friday, June 11 at Nimitz Park.
Double Elimination. Team entries are due on Tuesday, June 8 to the Fleet Fitness Center. Awards will be given to the top teams, with individual MVP and Sportsmanship.

Flag Day 3K Run:

Monday, June 14
11:30 a.m., Main Base CFAS Admin Flag Pole.
Show your pride in the flag as you jaunt around base sporting the country flag in your hand. Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Master, and Senior).

Sasebo Supply Corps Association Golf Tournament:

June 25 at Mikawachi Sasebo Kokusai Country Club. Tournament format is a "4-person scramble" so all avid golfers and interested non-golfers are encouraged to attend. Sign up by June 14. For more information, contact Lt. j.g. Bok Beato at 252-3412 or e-mail florence_d_beato@yoko.fisc.navy.mil